

ARCHERY • BADMINTON • BALLROOM DANCING • BASKETBALL • BILLIARDS • BOWLING • CYCLING • GOLF • HORSESHOES •

THE FIFTY AND OVER GAMES

# Fifty and Over Games

## Louisville Regional Senior Games

May 8-21, 2006



**METRO Parks**  
[www.metro-parks.org](http://www.metro-parks.org)

ARCHERY • BADMINTON • BALLROOM DANCING • BASKETBALL • BILLIARDS • BOWLING • CYCLING • GOLF • HORSESHOES •

RACEWALK • RACQUETBALL • ROAD RACE • SHUFFLEBOARD • SOFTBALL • SWIMMING • TABLE TENNIS • TENNIS • TRIATHLON • VOLLEYBALL •



# Three communities offering one great place to live.

Atria Senior Living Group offers three retirement and assisted living communities in Louisville. Each one provides services to senior adults who need help with activities of daily living, but enjoy an active and independent lifestyle. The communities cater to the individual needs of their residents by offering a variety of services.

Caring and capable staff members, unique designs, tasty food, engaging activities and friends . . . find them all at Atria communities.



## ATRIA STONY BROOK

3451 South Hurstbourne Parkway 📞 502.499.1393

Kathy Ciresi, Community Sales Director

cell: 502.435.4068



## ATRIA SPRINGDALE

4501 Springdale Road 📞 502.412.0222

Carole Lorfing, Community Sales Director

cell: 502.807.9660



## ATRIA ST. MATTHEWS

120 South Hubbards Lane 📞 502.896.1759

Mary Rucker, Community Sales Director

cell: 502.939.0778

## *From the Mayor and Director*



I hope you'll join me in competing in the 2006 Fifty and Over Games, to be held at the University of Louisville and other venues on May 8 to 21. The Fifty and Over Games, for Louisville and surrounding communities, serve as a qualifying event for the Kentucky Senior Games this fall, and eventually for the 2007 National Senior Games, which will take place in Louisville.

In September 2004, when I launched the Mayor's Healthy Hometown Movement, I challenged all Louisvillians to focus on lifelong health and fitness. The Fifty and Over Games offer an opportunity to celebrate citizens who have embraced that challenge, as athletes of all skills and abilities will compete in 20 team and individual events.

If you need help preparing for the Fifty and Over Games, our Metro Parks staff is offering a variety of programs to help you get ready. Call 502/456-8186 or visit [www.metro-parks.org](http://www.metro-parks.org) for a full schedule of these activities.

I wish you the best of luck competing in the 2006 Fifty and Over Games, and – hopefully – qualifying to represent our hometown in the 2007 National Senior Games in Louisville. I look forward to competing alongside you!

**Jerry E. Abramson**  
Mayor



In addition to preparing for the 2006 Fifty and Over Games, Metro Parks is developing an expanded schedule of activities for active citizens in that age group. As Americans continue to live longer and healthier lives, it's important that we adapt our services accordingly.

If you're already using our programs and facilities, please let us know what we can do to serve you better. If you're not currently utilizing our parks and recreation programs, please tell us what services you would find interesting.

I'll be competing in the Fifty and Over Games this May, and I hope to see you there! Meanwhile, I encourage you to take advantage of a full series of programs we're offering to help participants prepare for the Fifty and Over Games.

**Michael J. Heitz**  
Director, Metro Parks



Louisville is proud to be the host city for the  
2007 National Senior Games  
June 22-July 8, 2007  
[www.2007seniorgames.org](http://www.2007seniorgames.org)

*Be sure to attend...*

**Opening Ceremony**

**Thursday, May 11**

**6 p.m.**

ATRIA

3451 South Hurstbourne Parkway

*Free hors d'oeuvres for registered athletes; guests are \$10 extra mailed with registration*

**Athlete Social**

**Tuesday, May 16**

**6 p.m.**



LOUISVILLE SLUGGER FIELD

*Packet and shirt pick-up*

*Free dinner and game for registered athletes; guests are \$10 extra mailed with registration*

**Banquet Ceremony**

**Sunday, May 21**

**6 p.m.**

MASTERSON'S CATERING

1830 South Third Street

*Free dinner for athletes in 1st, 2nd and 3rd places;  
guests and other athletes are \$10 extra mailed with registration*

***Indicate with the registration form on page 14 if you would like to attend these events.***



# ARCHERY

## EVENTS OFFERED

Men's and Women's Barebow Compound, Barebow Recurve, Compound Fingers, Compound Release, Recurve

## SITE

Flaget Community Center,  
4425 Greenwood Avenue

## DATES

Saturday May 13, 2006

## START TIME

1 p.m.

## CHECK IN

Players check in 30 minutes prior to the start of the event.

## DIRECTOR

Frank Mosser 502/693-4362

## ENTRY REGULATIONS

1. Archers may only compete in one class.
2. Targets will be provided.

## FORMAT

Format to be determined by event director.

1. The "900" American round will be used day of competition.
2. There will be five classes:
  - a. Recurve – with sights
  - b. Barebow Recurve – no sights
  - c. Compound Fingers – with sights
  - d. Barebow Compound – no sights
  - e. Compound Release
4. Competition will consist of 90 arrows shot as follows: 30 arrows from 60 yards; 30 arrows from 50 yards; and 30 arrows from 40 yards. Arrows will normally be shot in six arrow ends, but may be shot in three arrow ends when field and equipment conditions require more than four archers to be grouped on a target butt.
5. Each end will consist of one set of six arrows with five minutes allowed for each end to be shot. When three arrow ends are necessary, each end will consist of one set of three arrows with 2-1/2 minutes allowed for each end to be shot. Shooters will rotate with target mates after each end.

## SPORT RULES

1. Recurve archery events will be conducted in accordance with National Archery Association rules, except as modified herein. Compound Archery events will be conducted in accordance with National Field Archery Association rules, except as modified herein.
2. "X" ring hits will be kept on the scorecard by all competitors and will be used as a tie-breaker. If still tied, the number of '10' ring hits will be used, then '9' ring hits, and so on until the tie is broken.
3. Should equipment failure occur, a 30-minute repair time will be allowed with no disruption of the shooting line. A maximum of two ends may be made up at the discretion of the Director of Shooting.
4. Field glasses or scopes are permitted for spotting arrow hits. Scopes may be placed on the shooting line provided they do

not disrupt the shooting of the adjacent archer. Scopes shall be removed from the line between ends if not utilized by the other archer shooting in that space.

5. No broadheads will be permitted.
6. Regulation FITA 122-centimeter (48-inch) five-color target faces will be Used. Scoring values are: Gold (10-9), Red (8-7), Blue (6-5), Black (4-3), White (2-1), 10-ring scoring. At the discretion of the Director of Shooting, replacement centers may be used to repair a target during competition.
7. Dividing lines are part of the higher scoring. The arrow shaft must only touch the color or dividing line between scoring zones to score the higher value.
8. Hits will not be marked on the target face. Witnessed bounce out and pass through arrows will be shot over at the end of the distance as make-up arrows. If the bounce out destroys an arrow in the target, then it is a "Robin Hood" and will score the value of the arrow it destroyed.
9. Two archers at each target will keep the double set of scorecards. Scores shall be compared after each end. If the scorecards do not agree after arrows have been removed from the target, then the lower score shall be the official score. The winner(s) shall be the archer(s) scoring the highest number of points in the double "900" round.
10. Archers will not be required to wear white or blue attire, however, they will be expected to wear clothing appropriate for a national event.
11. Athletes should be able to keep their arrows on target at 60 yards.



## BADMINTON

### EVENTS OFFERED

Singles, Doubles, Mixed Doubles

### SITE

U of L Student Center

### DATES

Wednesday May 17, 2006



SEE MAP ON  
BACK COVER

### START TIME

1 p.m.

### CHECK IN

Players check in 30 minutes prior to the start of the event.

### DIRECTOR

Bobby Norton 426-3219

### ENTRY REGULATIONS

1. The age division of competition for doubles and mixed doubles will be determined by the younger age of the two partners as of May 8, 2006.
2. Competitors must bring their own racquets. Natural-feathered shuttlecocks will be provided.

### FORMAT: Determined by event director

1. Tournament format will be single elimination with a consolation bracket.

### SPORT RULES

1. All matches will be conducted in accordance with United States Badminton Association rules.



## BALLROOM DANCING

### EVENTS OFFERED

See page 16 for list of events.

### SITE

Moose Lodge #5, 4615 Fegenbush Ln

### DATES

Friday May 12, 2006

### START TIME

4 p.m.

### CHECK IN

Players check in 30 minutes prior to the start of the event.

### FORMAT

Format to be determined by event director.

### DIRECTOR

Betty Stevens 896-6909 • Clydeen Thompson 574-2646

### SPORT RULES

1. The event will be conducted in accordance with United States American Ballroom Dance Association (USABDA) rules.

BARDSTOWN	
RD	
★	LN
FEGENBUSH	

# BASKETBALL

## EVENT OFFERED

Men's and Women's 5 on 5 (team registration only)

## SITE

U of L Student Center



SEE MAP ON  
BACK COVER

## DATES

Tuesday, May 16 and Wednesday, May 17, 2006

## START TIME

4 p.m.

## CHECK IN

Players check in 30 minutes prior to the start of the event.

## FORMAT

Format to be determined by event director.

## DIRECTOR

Skip Leach, Art Williams, Bobby Wilson, Don Trowell,  
Athletic Office @ 456 -8171

## ENTRY REGULATIONS

1. Teams must be of all one gender.
2. Team rosters shall be limited to 10 persons, including non-playing Coaches, non-playing captains and non-playing bench personnel, with a maximum of one out-of-state player, except as otherwise permitted. Teams in the 70+ and 75+ age divisions may have three out-of-state players on their rosters.
3. All registration and team rules apply to non-playing coaches, non-playing captains, and non-playing bench personnel.
4. Athletes may compete only on one team per.
5. Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2006.

## SPORT RULES

1. This tournament will be conducted in accordance with National Collegiate Athletic Association (NCAA) rules, except as modified herein.
2. Teams must have a minimum of five players on the floor to start a game. Teams may continue/finish with a minimum of two players on the floor.
3. The game shall be played on half court by two teams of five players each, with a maximum of seven substitutes.
4. Playing time shall be two halves of 12 minutes of a continuously running clock with an intermission of five minutes. In the last two minutes of each half, the clock will stop in accordance with normal basketball rules.
5. A tie score at the end of regulation time will result in a one-minute stop clock overtime period with ball possession determined by a coin flip. If the game is still tied, subsequent one minute periods shall be played until the tie is broken.
6. Two time-outs are permitted per team per half. If a game proceeds to overtime, each team shall receive no more than one additional time-out, regardless of the number of overtimes. Time-outs shall be 30 seconds in duration. The clock will not run during time-outs.
7. Substitutions may be made after a basket, foul shot, stoppage of play or any other time an official beckons the player onto the court.
8. The winner of the coin toss shall take the first possession.

Possession at the start of the second half shall be determined by the possession arrow. Ball possession changes hands after each basket unless a technical or personal foul is awarded.

9. Deliberate stalling or attempts to freeze the ball shall result in loss of ball possession. A warning shall be given by an official prior to assessing the penalty. During the last two minutes of the ball game, teams shall attempt a shot within approximately 20 seconds of gaining possession as determined by the referee.
10. The game shall be played using the three-point line as the "check line." The ball shall be returned to a point behind the check line after each change of possession as follows:
  - a. After a made basket and all dead ball situations; the ball shall be placed in play from the top of the key. The ball must be advanced into play by means of a pass to a teammate. The teammate receiving the pass may be in front of or behind the check line.
  - b. After a turnover or defensive rebound, the ball may be returned to any point behind the check line. The player returning the ball behind the check line shall be possession of the ball with both feet behind the line. The penalty for failure to be in possession of the ball with both feet behind the line shall be loss of possession. The player who returns the ball behind the line may maintain possession and attempt to score.
11. Following a made basket or dead ball, the ball shall be put in play within five seconds. If the ball is not put in play within five seconds it shall be a violation, and possession shall be awarded to the defense with no change in the possession arrow. Dribbling will result in a replay.
12. Defenders may not cross the check line to guard the player throwing in the ball until after that player has made the first pass.
13. A player is disqualified on his/her fifth foul. Technical fouls will be assessed in accordance with NCAA rules.
14. All personal and technical fouls shall be counted against a team total. After the seventh team foul, a bonus shall be awarded for the remainder of the game. Penalties for fouls shall be set forth below.
15. Prior to the seventh team foul:
  - a. any common foul shall result in loss of possession for the offending team;
  - b. any player control foul shall result in disallowing a converted basket and loss of possession;
  - c. any shooting foul with a missed basket shall result in two free throws, and the offended team shall retain possession;
  - d. and any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team shall retain possession.
16. After the seventh team foul:
  - a. any common foul shall result in a single free throw and the offended team shall retain possession;
  - b. any player control foul shall result in disallowing a converted basket and in a single free throw which, if made, shall entitle the shooter to a second free throw, and the offended team shall retain possession;
  - c. any shooting foul with a missed basket shall result in two free throws, and the offended team shall retain possession;
  - d. and any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team will retain possession.
17. After the 10th team foul:



- a. any common foul shall result in two free throws, and the offended team shall retain possession;
  - b. any player control foul shall result in disallowing a converted basket and in two free throws, and the offended team shall retain possession;
  - c. any shooting foul with a missed basket shall result in two free throws, and the offended team shall retain possession;
  - d. and any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team shall retain possession.
- 18. During the last two minutes of each half, and during any overtime period, the automatic awarding of team possession after free throws does not apply (live rebounding will be in effect).
  - 19. Team clothing must be of like design and color. Teams are encouraged to have both "home" and "away" uniforms with jerseys numbered front and back.
  - 20. Three point shots are allowed.
  - 21. Officials do not put the ball in play, except at the start of each half.



## BILLIARDS

### 8-Ball Pool Tournament

#### EVENT OFFERED

Men's and Women's 8 Ball

#### SITE

Bank Shot Billiards, 403 E. Market St

#### DATES

Saturday May 13, 2006

#### START TIME:

1 p.m.

#### CHECK IN

Players check in 30 minutes prior to the start of the event.

#### FORMAT

Format to be determined by event director.

#### DIRECTOR

Brad and Brian Phillips, Tracey Vogen, 587-8260

#### SPORT RULES

1. Regulation 9-ft tables.
2. Ball-in-hand
3. The tournament will be conducted in accordance with Billiard Congress America Rules, except as modified herein.





## BOWLING

### EVENTS OFFERED

Singles, Double, Mixed Doubles

### SITE

Walnut Street Baptist Church,  
1101 South Third Street

### DATES

Friday May 19, 2006

### START TIME

9 a.m.

### CHECK IN

Players check in 1 hour prior to the start of the event.

### DIRECTOR

Marcy Rangel 964-5151 • Ron King 574-2658

### FORMAT: Determined by event director

1. All formats will be scratch.
2. Bowlers will be divided into squads by age division.
3. Bowling lines and lanes will be assigned by squad.

### ENTRY REGULATIONS

1. Competitors are encouraged to provide their own bowling balls and shoes. House balls and shoes will be available.
2. The age division of competition for doubles will be determined by the younger age of the two partners as of May 8, 2006.

### SPORT RULES

1. This tournament will be conducted in accordance with American Bowling Congress and Women's international Bowling Congress rules, except as modified herein.
2. All equipment shall meet American Bowling Congress and/or Women's International Bowling Congress specifications.



## CYCLING

### EVENTS OFFERED

5K / 10K / 20K

### SITE

Shawnee Park,  
Broadway and Southwestern Parkway

### DATES

Sunday May 21, 2006

### START TIME

9 a.m.

### CHECK IN

Players check in 30 minutes prior to the start of the event.

### DIRECTOR

Bob Zeman 587-8673 • Marcy Rangel 964-5151

### FORMAT: Determined by event director

1. Starting times for the time trials will be at equal intervals, usually one minute, but no less than 30 seconds. No allowances will be made for mechanical or other mishaps.
2. Starting order for the time trials is by random selection.
3. If a rider appears later than the appointed starting time, the start will be allowed only to the extent that in the judgment of the officials it does not interfere with other riders starting on schedule. If it does interfere, the rider may be further delayed. In case of a late start, the appointed starting time shall be used in computing results.
4. The start sheet with the starting order and appointed starting times will be available for the rider's perusal at least one hour before the start of each event.
5. The road races will be mass start at approximately 10-minute intervals by age division and gender with combinations when needed.

### ENTRY REGULATIONS

1. Cyclists must provide their own bicycles and helmets

### SPORT RULES

1. All cycling events will be conducted in accordance with U.S. Cycling Federation (USFC) rules, except as modified herein.
2. Helmets are mandatory and must conform to USA Triathlon regulations.
3. Mutigear (free wheel) bikes with front and rear brakes are required. Fixed gear and recumbent bicycles are not permitted. All bicycles must be certified by race officials prior to the competition.
4. There may be no protective shield, faring or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chain wheel or accessories) that has the effect of reducing air resistance, except those allowed by the USCF.
5. If in doubt about your qualification, check for an official ruling from the chief referee before your appointed starting time. Once the clock begins, your time is running and will not be adjusted.
6. In time trial events, the rider shall be held by an official at the start but shall be neither restrained nor pushed.
7. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
8. In time trial events, no rider shall take pace behind another rider closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side. A rider who is observed taking pace shall receive a time penalty.
9. No restarts are permitted.



## GOLF

### EVENT OFFERED

18 Hole Scratch

### SITE

Cherokee Golf Course,  
2501 Alexander Road

### DATES

Thursday May 18, 2006

### START TIME

8 a.m.

### CHECK IN

Players check in 30 minutes prior to the start of the event.

### FORMAT

Format to be determined by event director.

### DIRECTOR

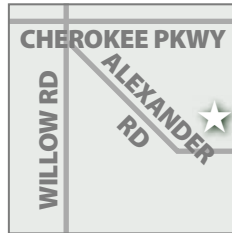
Greg Basham 458-9450

### ENTRY REGULATIONS

1. Golfers must provide their own clubs.
2. Golf Cart use during competition is mandatory.

### SPORTS RULES

1. This tournament will be conducted in accordance with USGA rules, except as modified herein.
2. USGA rules regarding coaching will be strictly enforced.
3. USGA rules regarding pace of play will be observed.



## HORSESHOES

### EVENT OFFERED

Singles

### SITE

George Rogers Clark Park,  
Polar Level Road and Thruston Drive

### DATES

9 a.m.

### START TIME

Thursday May 18, 2006

### CHECK IN

Players check in 30 minutes prior to the start of the event.

### DIRECTOR

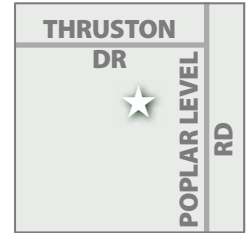
Ron King 574-2658

### FORMAT

Format to be determined by event director.

### SPORT RULES

1. All matches will be conducted in accordance with National Horseshoe Pitcher's Association rules, except as modified herein.
2. Shoes shall be pitched from alternate ends of the court at stakes 40 feet apart, except as modified herein. Women in age divisions 50-74 will pitch a distance of 30 feet. Women in age divisions 75 and older will pitch a minimum distance of 20 feet. Men in age divisions 50-69 will pitch a distance of 40 feet. Men in age divisions 70 and older will pitch a minimum distance of 30 feet.
3. A match will consist of one game.
4. Players will match shoes to determine who pitches first. For preliminary rounds, the order of pitching shall alternate.
5. A 15-minute default time will be enforced. For default matches in preliminary rounds, the remaining player will pitch 30 shoes to determine his/her score and be awarded the five bonus points.
6. The pitcher must stand on one of the pitching platforms. Players may use the platform on either side of the court. Feet must stay behind the foul line and within the platform limits until the shoe has left the pitcher's hand. Opponents must remain on the opposite sides of the stake, either in the rear quarter of the pitching platform or behind the pitching box, with the toes of one foot touching that platform, and must not talk, move, or in any other way distract the pitcher. Such an offense incurs a loss of score in that inning. No player may walk to the opposite stake, or be informed of the position of the shoes before an inning is complete. Once thrown, shoes may not be moved or touched until the scores have been decided. Such an offense incurs a loss of score in that inning.
7. Shoes must be within six inches of the stake to be scored. A shoe that first strikes the ground outside the target area or rebounds from the backboard cannot be scored, nor can any shoe thrown from an invalid position. Such shoes may be removed from the target area on the request of the opponent. A shoe landing in the area and breaking is not scored; it is removed and another pitch taken. A "ringer" is a shoe that encircles the stake so that a straight edge could touch the two prongs without touching the stake.



## RACE WALK

### EVENTS OFFERED

1500 Meter, 5K

### SITE

Shawnee Park,  
Broadway and Southwestern Pkwy

### DATES

Sunday May 21, 2006

### START TIME

7 a.m.

### CHECK IN

Players check in 30 minutes prior to the start of the event.

### FORMAT

Format to be determined by event director.

### DIRECTOR

Marcy Rangel 964-5151 • Clydeen Thompson 574-2646

### SPORT RULES

1. All race walking events will be conducted in accordance with USA Track and Field rules, except as modified herein.
2. Athletes must use proper race walking techniques or risk disqualification.
3. Athletes must not wear clothing that could impede the view of the judges.



## RACQUETBALL

### EVENTS OFFERED

Singles and Doubles

### SITE

U of L Student Center

### DATES

Saturday May 20, 2006

### START TIME

9 am

### CHECK IN

Players check in 30 minutes prior to the start of the event.

### FORMAT

Format to be determined by event director.

### DIRECTOR

Tom Hills 445-0595

### ENTRY REGULATIONS

1. Athletes must provide their own racquets. Ball will be provided.
2. The age division of competition for doubles will be determined by the younger age of the two partners as of May 8, 2006.
3. Lensed eye-wear designed for racquet sports is mandatory.
4. No black soled shoes.

### SPORT RULES

1. All matches will be conducted in accordance with United States Racquetball Association rules, except as modified herein.
2. Matches will be best of three games, with the first games to 15. Third game tiebreakers will be played to 11.



SEE MAP ON  
BACK COVER

## ROAD RACE

### EVENTS OFFERED

5K / 10K / Wheel Chair Divisions

### SITE

Papa John's Cardinal Stadium

### DATES

Saturday May 20, 2006

### START TIME

8:30 a.m.

### CHECK IN

Players check in 30 minutes prior to the start of the event.

### FORMAT

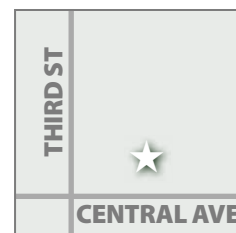
Format to be determined by event director.

### DIRECTOR

Jon Pilbean 456-8148

### SPORT RULES

1. All road race events will be conducted in accordance with USA Track and Field rules, as modified herein.



## SHUFFLEBOARD

### EVENT OFFERED

Single

### SITE

U of L Student Center

### DATES

Thursday May 18, 2006

### START TIME

1 p.m.

### CHECK IN

Players check in 30 minutes prior to the start of the event.

### FORMAT

Format to be determined by event director.

### DIRECTOR

John Banks 574-3206 / Jackie Peoples 775-8264

### ENTRY REGULATIONS

1. Disks and cues will be provided.

### SPORT RULES

1. All shuffleboard matches will be conducted in accordance with National Shuffleboard Association rules, except as modified herein.
2. Single matches will consist of 128 frames in the preliminary rounds and 16 frames in the championship rounds. The winner will be the player who scores the highest number of points after the specified number of frames.
3. Two matches will be played on one court at the same time. Opposing players will play from the same end of the court. Players will switch ends after 4 frames.
4. In case of a tie, two extra frames will be played until the tie is broken.
5. The cue shall not have an overall length of more than 6 feet, 3 inches. No metal part of the cue shall touch the playing surface.



SEE MAP ON  
BACK COVER



# SOFTBALL

## EVENT OFFERED

Men's Softball

## EVENT OFFERED

Women's Softball

## SITE

Camp Taylor Memorial Park

## SITE



## DATES

Monday May 8, 2006  
Tuesday May 9, 2006  
Tuesday May 16, 2006

## DATES

Saturday  
May 20,  
2006

## START TIME

9:30 a.m.

## START TIME

9 a.m.

Times and dates may vary due to age groups

## DIRECTOR

Al Benninger 458-7727

## DIRECTOR

Sharon Hatfield 456 -8157

## CHECK IN

Players check in 30 minutes prior to the start of the event.

## FORMAT

Format to be determined by event director.

## ENTRY REGULATIONS

1. Teams must provide their own bats, gloves, and practice balls.
2. Teams must be all one gender.
3. Team rosters shall be limited to 20 persons, including non-playing coaches, non-playing captains, and non-playing bench personnel. A maximum of five out-of-state players are allowed.
4. All registration and team rules apply to non-playing coaches, non-playing captains, and non-playing bench personnel.
5. Athletes may compete with only one team per sport.
6. Age divisions for all team competition will be determined by the age of the youngest team player as of December 31, 2006.

## SPORT RULES

1. This tournament will be conducted in accordance with Amateur Softball Association (ASA) rules, except as modified herein.
2. Commitment line: A 3-foot long, 3-inch wide commitment line shall be marked perpendicular to the foul line and placed 20-feet from home plate. Once a runner's foot touches the ground on or past the commitment line, the runner may not return to third base; the runner must continue toward the scoring plate. Violations will result in an out.
3. Scoring plate: A scoring plate shall be placed 8 feet from the back tip of home plate on an extended line from first base. A line shall be drawn from third base to the scoring base. The scoring plate is for use by the offensive player only.
4. All plays at the plate shall be force plays. A defender shall record an out at the plate by having possession of the ball and tagging home plate prior to the runner touching the scoring plate. If a defender attempts to tag an offensive player at the scoring plate the runner shall be called safe. A runner who attempts to score by touching other than the scoring plate shall be called out. Players who violate this rules are subject to ejection from the game.
5. Strike zone mat: A strike zone mat will be used. The mat shall be made of rubber or similar material and shall measure 17 inches wide and 24 inches long with a V-shape at one end that fits against the back of home plate. Together the strike zone mat and home plate shall form a rectangular shape 17 inches by 32-1/2 inches. A legal pitch not swung at that strikes any part of

the strike zone mat or home plate shall be called a strike by the umpire.

6. Pitcher's Box: The pitcher's box shall be a box the width of the pitching rubber, extending from the front (home plate) side of the pitcher's six feet towards second base. The pitcher may deliver a pitch from anywhere inside the box. All pitches must begin with both of the pitcher's feet located inside the box.
7. Double bag/mat: A double bag/mat, twice the size of a standard base shall be placed at first base, the double portion of the bag or mat being in foul territory. For the purposes of plays at first base, the entire bag shall be considered to be in half territory.
8. Runner's line: A runner's line measuring 3-inches wide and 30-feet long shall be marked parallel to, and 3 feet away from, the first-base foul line in foul territory, extending from first base back toward home plate. Runners shall stay between this line and the foul line while running to first base. Failure to do so will result in the runner being declared out.
9. Metal cleats: Metal cleats will not be permitted. Players found wearing metal cleats in a game will be ejected from the game, and, if on base, a "dead ball out" will be called. If there are less than three outs, any players on base must return to the base occupied at the time the ejected player came to bat.
10. Players and substitutes: ASA rules for re-entry and extra player (EP) will apply. Extra players may play defense at any time provided the total number of defensive players on the field at any time does not exceed the total allowed for that age division.
  - a. Men in age divisions 50+, 55+, and 60+; Ten defensive players shall constitute a team. A team must have a minimum of nine players at the beginning and end of a game. For any team playing with nine players, an out will be recorded when the 10<sup>th</sup> position in the batting order appears. A 10<sup>th</sup> player may be added as he/she shows up for a play; however, he/she must be listed as the 10<sup>th</sup> offensive player and bat after the other nine players. If EP's are used, a team must start and end a game with 11 players, including the EP. In addition, for teams using EP's; 10 players must play defense.
  - b. Men in age divisions 65+, 70+, 75+ and all women's age divisions: Eleven defensive players shall constitute a team. A team must have a minimum of 10 players at the beginning and end of a game. An 11<sup>th</sup> player may be added as he/she shows up to play; however, he/she must be listed as the 11<sup>th</sup> offensive player and bat after the other 10 players. Teams in these divisions may use up to two EP's. If EP's are used, teams must start and end a game with 11 players plus the number of EP's used. In addition, for teams using EPs, 11 players must play defense. NOTE: The ASA short-hand rule applies. A team may play with one player less than they started with if, due to anything other than ejection, a player leaves the game and cannot be immediately replaced. When the missing player comes to bat, an out will be recorded. Under no circumstances will a team be allowed to play with less than nine players unless they start with 11 or 12 teams which start a game with 11 or 12 players will not be allowed to play with less 10 players.
11. Line-up cards: Official line-up cards must be presented to the opposing manager and scorekeeper 10 minutes prior to game time. Tournament line up cards will be furnished to all team managers.
12. Runs per inning: For men's games in the Silver Category and all women's games, there shall be a five run per inning rule, with unlimited runs allowed in the seventh inning. There shall be no limit on runs per inning for men's games in the Gold Category.
13. Mercy rule: A 15-run mercy rule will be in effect after five innings (4-1/2 innings if home team is ahead), ending the game. This rule shall not apply to semi-final or final games.

14. **Homerun rule:** All teams will play under the 1-homerun + 1-up single rule. The first ball hit over the fence will count as a home run. Subsequent balls hit over the fence by the same team will count as singles until the opposing team has hit a ball over the fence (homerun). Base runners may only advance one base per single over the fence. This rule shall continue throughout the entire game.
15. **Games against a higher rated opponent:** This rule applies only to the Men's Gold and Silver categories. When a team is playing an opponent with a higher classification (for example, a AAA team competing against a Major team), the lower classified team shall be given the choice of competing with an extra outfielder or having 5 runs added to their score at the beginning of the game.
16. **Time limit:** The length of a game will be seven innings or one hour and fifteen minutes. Tie games after seven innings or at the end of regulation time will continue until one team is ahead after the completion of any subsequent inning using the international tie-breaker rule.
17. **Courtesy runner:** A courtesy runner may not be replaced by another courtesy runner except for injury causing removal of the original courtesy runner permanently from the game. A courtesy runner on base when it is his/her turn at bat will be declared out as the runner. Another courtesy runner may not be used to circumvent this rule.
  - Men in age division 50+ and 55+: One courtesy runner may be used in each inning, and the courtesy runner may be any player on the roster. Each player on the roster may be courtesy runner only once per game. Any courtesy runner found running more than once per game will be called out.
  - Men in age divisions 60+, 65+ and all women's age divisions. A courtesy runner may be used for a base runner at any time, but the same courtesy may not be used more than once in the same inning. Any courtesy runner found running more than once per inning will be called out.
  - Men in age divisions 70+ and 75+: A courtesy runner may be used for any runner at any time. There is no limit on the number of times a player may be a courtesy runner in any inning.
18. **Sliding or diving:** Sliding or diving into first base or into home plate when scoring is not permitted, and such players will be called out. A player may slide or dive into second or third base and when returning to any base. Runners shall be called out for contact with a defensive player if, in the umpire's judgment, the contact was deliberate or the runner could reasonably have been expected to minimize or avoid contact under the circumstances and failed to do so.
19. **Runner hit by fair ball:** A runner is not out when he/she is hit with a fair, untouched batted ball that has passed an infielder, excluding the pitcher, and, in the judgment of the umpire, no other infielder had a chance to make an out.
20. **Overrunning:** A "run by" rule shall be in effect at first, second, and third base; i.e., a player may run past any base at any time. The runner shall be considered "safe" so long as he/she turns to the right passing the base. The runner must touch the base for the "run by" rule to be in effect. Any attempt to advance, or to decoy the fielder, cancels the "run by" rule, and the runner can be tagged out.
21. **Team clothing must be of like design and color.** Jerseys must have a number on the back.
22. **The men's divisions will play 12-inch slow pitch.** The women's divisions will play 11-inch slow pitch.
23. **All bats must bear an ASA certification mark and shall not be on the most current list of bats banned by the ASA.**

## SWIMMING

### EVENTS OFFERED

Backstroke 50, 100, 200 Yard, Breaststroke 50, 100, 200 Yard  
Butterfly 50, 100 Yard, Freestyle 50, 100, 200, 500 Yard  
Individual Medley 100, 200 (Four Strokes)

### SITE

Mary T. Meagher Aquatic Center  
201 Reservoir Avenue

### DATES

Saturday May 20, 2006

### START TIME

8 a.m. warm-up • 8:30 start

### CHECK IN

Players check in 30 minutes prior to the start of the event.

### DIRECTOR

Doug Voss or Scott Risinger 897-9949

### FORMAT: Determined by event director

1. All swimming events will be timed finals.
2. Warm-up time will be available.
3. All swimmers in the 500-yard freestyle will be required to check-in at the venue.
4. Swimmers may enter up to 4 events.

### SPORT RULES

1. This meet will be conducted in accordance with United States Masters Swimming rules, except as modified herein.
2. Major points of the rules include:
  - a. **Starts:** The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall. A false start will result in disqualification.
  - b. **Turns:** The breaststroke and butterfly turns must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall.
  - c. **Backstroke:** There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.
  - d. **Breaststroke:** The appropriate stroke is required.
  - e. **Butterfly:** The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly.
  - f. **Freestyle:** Swimmers must touch the wall at each turn and at the finish. Any stroke may be used, and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breaststroke, or backstroke.
  - g. **Medley:** The order of strokes in the individual medley is butterfly, backstroke, breaststroke, and freestyle. Rules for the individual strokes govern strokes and turns.
  - h. **General:** Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.



# TABLE TENNIS

## EVENTS OFFERED

Singles, Doubles, Mixed Doubles

## SITE

U of L Student Center  
racquetball courts

## DATES

Thursday May 18, 2006



SEE MAP ON  
BACK COVER

## START TIME

10 a.m.

## CHECK IN

Players check in 30 minutes prior to the start of the event.

## DIRECTOR

Terry Wooden 456-8136, 7440-546 or 485-1813

## FORMAT: Determined by event director

1. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.
2. Play shall consist of a five-game match. The winner shall be the first player to win three games.
3. Throughout the match play shall be continuous, with a two-minute break between games
4. Tournament format will be Double Elimination

## ENTRY REGULATIONS

1. Players must provide their own paddles. Balls will be provided.
2. Doubles partners who qualify together must play together. If one of the partners cannot attend, no substitute partner will be allowed, determined by tournament director. Athletes may compete with only one partner per event.
3. The age division of competition for doubles will be determined by the younger age of the two partners as of May 8, 2006.

## SPORT RULES

1. All matches will be conducted in accordance with USA Table Tennis rules, except as modified herein.
2. White shirts or jackets are not permitted for competition..
3. The expedite system shall not be in effect, with the following exception. The Competition Manager may invoke the system to keep the tournament on schedule. The system may be placed in effect during a match but must not be placed in effect in the middle of a game.



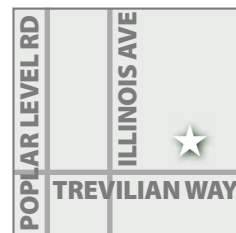
# TENNIS

## EVENTS OFFERED

Singles, Doubles, Mixed Doubles

## SITE

Louisville Tennis Center clay courts,  
3783 Illinois Avenue  
(across Trevilian Way from The Zoo)



## DATES

May 17, 18 and 19, 2006

## START TIME

9 a.m.

## CHECK IN

Players check in 15 minutes prior to the start of the event.

## DIRECTOR

Pete McGrath 456-8140

## REGISTRATION

1. Registration is due by Monday, May 15.
2. Draw will be posted Tuesday, May 16 at the Louisville Tennis Center.

## ENTRY REGULATIONS

1. The age division of competition for doubles will be determined by the lower age of the two partners as of May 8, 2006.
2. Athletes may enter a maximum of two tennis events in which they have qualified.

## SPORT RULES

1. All matches will be conducted in accordance with United States Tennis Association (USTA) rules, except as modified herein.
2. If an athlete is entered in more than one tennis event, a situation may arise wherein he/she will have to play more than the USTA-recommended number of matches in any given day. Attempts will be made to schedule in such a manner to avoid conflicts between events. However, it is the responsibility of the athlete to make conflicts known to the Competition Manager with sufficient time in order to reschedule or withdraw.
3. There will be a one-minute break every two games. Matches shall consist of two sets using regular scoring. In case of split sets a 10 point tie breaker will be broken in accordance with USTA rules.



## TRACK AND FIELD

### EVENTS OFFERED

Discus, Javelin, Shot Put, High Jump, Long Jump, Pole Vault 100, 200, 400, 800, 1500 Meter

### SITE

U of L Cardinal Park



SEE MAP ON  
BACK COVER

### DATES

Wednesday May 17, 2006

### START TIME

10 a.m.

### CHECK IN

Players check in 30 minutes prior to the start of the event.

### DIRECTOR

Bill Hinklin 935-2619 • Art Williams 456-8171

### FORMAT

Format to be determined by event director.

1. For track events, the number of heats will be determined based on the number of entries.
2. The 1500-meters will be a timed final event.

### ENTRY REGULATIONS

1. The Local Organizing Committee shall provide certified implements for all events and age divisions. In addition, athletes shall be permitted to use their own implements, provided they have been certified by the Track and Field Committee. Athletes who wish to use their own implements shall agree to all certification procedures including but not limited to making, impounding, etc. Athletes must provide their own vaulting poles.
2. Shoes must comply with USATF Rule 71.
3. Must pre register for Pole Vault, no on site registration.

### SPORT RULES

1. This meet will be conducted in accordance with USA Track and Field rules, except as modified herein.
2. The following are the weights of the various implements to be used for each gender and age division.

Age Division	Discus	Javelin	Shotput
M50-54	1.5 kg	700 g	6 kg
M55-59	1.5 kg	700 g	6 kg
M60-64	1.0 kg	600 g	5 kg
M65-69	1.0 kg	600 g	5 kg
M70-74	1.0 kg	500 g	4 kg
M75-79	1.0 kg	500 g	4 kg
M80+	1.0 kg	400 g	4 kg
W50-54	1.0 kg	500 g	3 kg
W55-59	1.0 kg	500 g	3 kg
W60+	1.0 kg	400 g	3 kg

3. The competitors must not wear clothing that could impede the view of the judges.

## TRIATHLON

### EVENTS OFFERED

Swim / Bike / Run

### SITE

U of L Ralph Wright Natatorium



SEE MAP ON  
BACK COVER

### DATES

Sunday May 21, 2006

### START TIME

7:30 a.m. warm-up • 8 a.m. start

### CHECK IN

Players check in 30 minutes prior to the start of the event.

### DIRECTOR

Frank Robinson 502/239-9141 • Joe Vicars 502/412-3490

### FORMAT

Format to be determined by event director.

1. The events in this sport are the 400m freestyle swim, 5 mile cycling and the 1 mile road race.

### ENTRY REGULATIONS

1. Athletes must provide their own bicycles, helmets, and running and swim gear.
2. All equipment must meet USA Triathlon standards.

### SPORT RULES

1. This event will be conducted in accordance with Triathlon Federation/USA rules except as modified herein.
2. No rider shall take pace behind another rider closer than 10 meters (33 feet) ahead or 2 meters (7 feet) to the side.
3. Helmets are mandatory and must conform to USA Triathlon regulations. Multi-gear (free-wheel) bikes with front and rear brakes are required. Fixed-gear bicycles are not permitted.
4. Swim caps are mandatory.



# VOLLEYBALL

## EVENTS OFFERED

Men's / Women's / Coed

## SITE

U of L Student Center

SEE MAP ON  
BACK COVER

## DATES

Thursday May 18, 2006

## START TIME

11 a.m.

## CHECK IN

Players check in 30 minutes prior to the start of the event.

## DIRECTOR

Karen Parsons 456-8148

## FORMAT: Determined by event director

1. Teams will be required to provide line judges and score keepers during competition.
2. In the men's 50-54 age division, the net height will be 2.43 meters or 7 feet, 11-55/8 inches. In the men's 55+ age division and older, the net height will be 2.38 meters or 7 feet, 9-5/8 inches. In all women's competition, the net height will be 2.19 meters or 7 feet, 2-1/8 inches.

## ENTRY REGULATIONS

1. Teams must be of one gender.
2. Team roster shall be limited to 15 persons, including non-playing coaches, non-playing captains and non-playing bench personnel. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
3. Athletes may compete with only one team per sport.
4. Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2006.
5. Co-ed must consist of 3 women and 3 men.

## SPORT RULES

1. All matches will be conducted in accordance with USA Volleyball rules, except as modified herein.
2. Team clothing should be of like design and color. Teams must have shirts numbered both front and back.
3. A team must have at least five players present to start a game; otherwise, the game is forfeited. Teams will allowed a five-minute grace period to assemble a minimum of five players. The sixth player may enter upon arrival. In the event of injury, a team may continue/finish with a minimum of four players on the floor.
4. Teams competing with only five players shall always have three players on the front row. No service rotation penalty shall be assessed for not having six players.
5. To win the match, a team must win two out of three games.
6. In round robin play, USA Volleyball rules governing tie-breakers will be used.



## 13



# 2006 FIFTY AND OVER GAMES LOUISVILLE REGIONAL SENIOR GAMES ENTRY FORM

Check the event(s) in which you wish to compete. Carefully consider the times and locations of each event you enter.

***Include your partner's name in all doubles/mixed doubles events.***

The registration fee is \$20 per person. This is a one-time fee.

Call Metro Parks for further information, 502/456-8186. Additional registration forms are available at [www.metro-parks.org](http://www.metro-parks.org)

**Opening Ceremony at Atria** (free) ☐

**Athlete Social, Slugger Field** (free) ☐

**Archery** ☐

**Badminton** ☐

**Ballroom Dancing** (fill out page 16) ☐

**Basketball / 5 on 5** ☐

**Billiards** ☐

**Bowling:** ☐ Singles

☐ Doubles

Partner: \_\_\_\_\_

☐ Mixed Doubles

Partner: \_\_\_\_\_

**Cycling:** ☐ 5K ☐ 10K

**Golf** ☐

**Horsehoes** ☐

**Race/Walk:** ☐ 1500 meter ☐ 5K

**Racquetball:** ☐ Singles

☐ Doubles

Partner: \_\_\_\_\_

**Road Race:** ☐ 5K ☐ 10K

**Softball:** ☐ Men's ☐ Women's

**Awards Banquet** (free) ☐

**Shuffleboard:** ☐ Singles

☐ Doubles

Partner: \_\_\_\_\_

**Swimming:** Backstroke ☐ 50Y ☐ 100Y ☐ 200Y

Breaststroke ☐ 50Y ☐ 100Y ☐ 200Y

Butterfly ☐ 50Y ☐ 100Y

Freestyle ☐ 50Y ☐ 100Y ☐ 200Y ☐ 500Y

Indiv. Medley ☐ 100Y ☐ 200Y

**Table Tennis:** ☐ Singles

☐ Doubles

Partner: \_\_\_\_\_

☐ Mixed Doubles

Partner: \_\_\_\_\_

**Tennis:** ☐ Singles

☐ Doubles

Partner: \_\_\_\_\_

☐ Mixed Doubles

Partner: \_\_\_\_\_

**Track & Field:** ☐ Discus ☐ Javelin ☐ Shot Put

☐ High Jump ☐ Long Jump ☐ Pole Vault

☐ 100 Meter ☐ 200 Meter ☐ 400 Meter

☐ 800 Meter ☐ 1500 Meter

**Triathlon** ☐ Estimated 400 meter swim time: \_\_\_\_\_

**Volleyball** ☐

## Liability Waiver

I agree to forever refrain from asserting against the Louisville/Jefferson County Metro Government, or the Louisville and Jefferson County Metro Parks Department, the agents or employees thereof, any claim, demand, action or suit of whatever kind of nature, either directly or indirectly, for injuries or damages to persons or property resulting from participation in the **2006 Louisville Regional Senior Games** program.

I understand and agree that this Waiver may be used by the Louisville/Jefferson Metro Government or the Louisville and Jefferson County Metro Parks Department as a counterclaim to or defense in bar or abatement of any action of any kind whatsoever, brought, instituted or taken by or on my behalf on account of claim or claims against the Louisville/Jefferson Metro Government, or the Louisville and Jefferson County Metro Parks Department or the agents or employees thereof. I expressly stipulate and agree to indemnify and hold harmless the Louisville/Jefferson County Metro Government, the Louisville and Jefferson County Metro Parks Department, and the agents or employees thereof, against any loss, including costs and fees, on account of any action brought against them by me or any person acting on my behalf, or any third parties for the purpose of enforcing any claim for damages arising out of my participation in the **2006 Louisville Regional Senior Games** program, or for any damages or injuries that may result from my use of any equipment brought to or used by me at the **2006 Louisville Regional Senior Games** program, or damages or injuries arising out of transportation to and from the **2006 Louisville Regional Senior Games** program or any activities related to the **2006 Louisville Regional Senior Games** program.

I am aware that strenuous activities could be involved in my participation in the **2006 Louisville Regional Senior Games** program, and I have determined that my health is adequate to participate safely in the **2006 Louisville Regional Senior Games** program.

I understand and agree that any injuries sustained by me will not be covered by the Louisville/Jefferson County Metro Government or the Louisville and Jefferson County Metro Parks Department, and that adequate medical insurance to cover such injuries must be acquired and maintained by me.

I have read, understand and consent to the participation in the **2006 Louisville Regional Senior Games** program. I have read this release and consent to its terms.

Signature

Date

# 2006 FIFTY AND OVER GAMES • LOUISVILLE REGIONAL SENIOR GAMES

## TEAM REGISTRATION FORM

Team Name \_\_\_\_\_ Field/Gym \_\_\_\_\_

PRINT NAME	PLAYER'S SIGNATURE	ADDRESS/ZIP	PHONE
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.	[B]		
11.			
12.			
13.			
14.			
15.	[V]		
16.			
17.			
18.			
19.			
20.	[S]		

☐ Softball (20 player max)  
☐ Basketball (10 player max) \*3 on 3  
☐ Volleyball (15 player max)

AGE DIVISION: ☐ MALE ☐ FEMALE

Send to: Metro Parks Fifty and Over Games  
PO Box 37280  
Louisville KY 40233-7280

DanceSport Event Registration Form  
 2006 Fifty And Over Games  
 Louisville's Regional Senior Games  
 May 12<sup>th</sup> 4:00 P.M.  
 Moose Lodge #5      4615 Fegenbush Lane

Male's Name: \_\_\_\_\_ Female's Name: \_\_\_\_\_

Address: \_\_\_\_\_ Address: \_\_\_\_\_

City, State: \_\_\_\_\_ Zip: \_\_\_\_\_ City, State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Email: \_\_\_\_\_

**Competition Dances**

(Please circle all dances you wish to enter)

<b>Ballroom – American Style</b>		<b>Fun Dances</b>	<b>Swing</b>
Bolero	Rumba	Hustle	East Coast Swing
Cha Cha	Mambo/Salsa	Polka	West Coast Swing
Foxtrot	Samba	Rat Race	
Tango	Viennese Waltz		
Quickstep	Waltz		

Note: organizers reserve the right to scratch competition dances if participation is minimal

**Divisions**

Please circle the division you are entering and complete one registration form for each division you are entering.  
 Enter division by age of the younger of the two partners.

Age 50 – 64

Age 65 +

If you are dancing with more than one partner, you must complete a registration form with each partner.

To register for the Dance Sport Competition, complete the following forms:

1. Dance sport Registration Form – one per couple
2. Fifty & Over Games Registration Form – Louisville Regional Senior Games – one per person
3. Waiver Form – in Registration Packet – one per person
4. Mail the forms and your check (payable to METRO PARKS) to:  
 Metro Parks - Dance Sport Event Registration P.O. Box #37280, Louisville, KY 40233-7280

Forms must be mailed prior to May 1<sup>st</sup> Deadline.

A one time \$20.00 entry fee entitles you to take part in all sporting events that are offered at these games.





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Area Agency on Aging

[www.kipda.org](http://www.kipda.org)

502/266-6084



# When you've run 52,000 miles... **You Know Shoes**



## **Southern Parkway Mile**

*Fun for the Whole Family*

Saturday - July 15th

Races start at 6 p.m.

Quarter Mile - 5 & Under

Half Mile - 6 to 9 Years Old

Mile - 10 to 14 Years Old

WKU Race

Wheel Chair Race

Dog Race

Roller Blade Race

Plus Finish Line Festival

Food & Rides

***What can you do a mile in?***

Make plans to be at the Southern Parkway Mile

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